

Dried Beans, Peas and Lentils



Buy any type of plain beans, plain peas or plain lentils.

Buy in 1/2 lb or 1 lb packages.

You may not buy flavored beans.

Canned Beans

You may buy canned beans only when the word canned is printed on your check.



Buy:
Baked beans
Kidney beans
Garbanzo beans
Lima beans

Buy 15 oz, 15.5 oz or 16 oz.

You may not buy flavored beans.

Peanut Butter



Buy:
Plain peanut butter
Chunky peanut butter
Creamy peanut butter

Buy 12 oz or 18 oz jars.

You may not buy fresh ground peanut butter or peanut butter mixed with other foods.

Milk



Buy milk in quarts, 1/2 gallons or gallons.

Whole milk
Lowfat milk (1% or 2%)
Nonfat milk
Buttermilk
Lactose reduced
Lactose free
Lactaid



You may buy 12 oz cans only.
Buy whole evaporated milk.
Buy skim evaporated milk.

Dry Milk



Quart boxes



Quart boxes

Cheese

made with whole milk or lowfat milk



Buy cheeses in blocks or in slices wrapped in packs.

You may not buy cheese food, cheese in a jar, cheese at a deli, imported cheese, grated cheese, cheese in snack packs, shredded cheese, cheese product or slices that are wrapped separately.

Buy these types of cheese:
American
Cheddar:
Extra Sharp
Sharp
Mild

Colby (Longhorn)
Monterey Jack
Mozzarella
Muenster
Provolone
Swiss

Eggs

Buy large or medium white eggs only.



Formula for Infants

Buy the formula written on your check. For special formulas, get a prescription from the doctor.

Enfamil with Iron-Powder



Enfamil with Iron-Liquid



Enfamil LIPIL with Iron-Powder



Enfamil LIPIL Iron-Liquid



Enfamil LactoFree LIPIL-Powder



Enfamil LactoFree LIPIL-Liquid



Enfamil ProSobee-Powder



Enfamil ProSobee Liquid



Enfamil ProSobee LIPIL-Powder



Enfamil ProSobee LIPIL-Liquid



Infant Cereal

Buy Gerber 8 oz only.



Buy:
Oatmeal
Rice
Barley

Infant Juice

Buy Gerber 4 oz only.



Buy:
Apple
Pear
White Grape

District of Columbia WIC Program



WIC Foods For You

Effective July 2004



“This institution is an equal opportunity provider and employer.”

Problems? Call 1-800-345-1WIC from store.

100% Fruit and Vegetable Juices

Cans: 46 oz Bottles: 46 oz Frozen: 6 oz or 12 oz

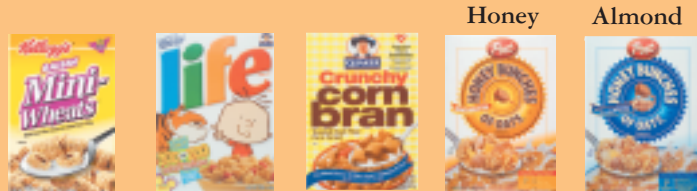


Frozen Juices



You may not buy: Orange Juice with Calcium, Fruit Drinks, Punch or Cocktail Juices.

Cold Cereals



Hot Cereals



12 oz Original flavor only.



Here are some ways to buy up to 36 oz of cereal:

- 9 oz + 12 oz + 15 oz = 36 oz
- 10 oz + 12 oz + 14 oz = 36 oz
- 10 oz + 23.5 oz = 33.5 oz
- 12 oz + 12 oz + 12 oz = 36 oz
- 12 oz + 24 oz = 36 oz
- 12 oz + 23.5 oz = 35.5 oz
- 16 oz + 18 oz = 34 oz
- 18 oz + 18 oz = 36 oz
- 15 oz + 21 oz = 36 oz
- 16 oz + 20 oz = 36 oz

Breastfeeding is Best



Breastfeed to give your baby a head start to good health.

Carrots

Carrots are for mothers whose babies are fed with breastmilk only. If your baby gets formula, you will not receive carrots.



Buy whole carrots that are not peeled in 1 lb or 2 lb packages,

OR

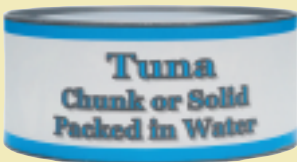


16 oz cans of sliced carrots.

You may not buy whole baby carrots.

Tuna

Tuna is for mothers whose babies are fed with breastmilk only. If your baby gets formula, you will not receive tuna.



Buy chunk or solid style, packed in water in 6 oz or 6.125 oz cans.

You may not buy tuna packed in oil, select tuna, fancy tuna or dietetic tuna.